

# Postpartum Support International of WA Presents: "Speak Up When You're Down: Advanced Perinatal Mental Health Training"



Tuesday, November 9, 2010

Swedish Hospital Medical Center, Cherry Hill Campus, Conference Room B  
Seattle, WA

4.5 hours of CEU's applied for MSW's, LMFT's, LMHC's and Doulas

## Conference Objectives

- To increase public awareness about Pregnancy and Postpartum Mood Disorders (PPMD), and their impact on the well-being of the entire family system
- To educate professionals in current and effective treatments for PPMD
- To establish for practitioners a standard of care for better screening and treatment of PPMD

## Program Schedule:

- 7:30 - 8:30 Registration and Breakfast (provided)
- 8:30 - 10:30 *Stake holders Meeting for the Speak Up When You're Down Campaign;*  
Facilitated by Patty Hayes (FREE: RSVP at [info@ccf.wa.gov](mailto:info@ccf.wa.gov))
- 10:30 - 11:00 Break; con't registration for those not attending Stake Holder's meeting
- 11:00-12:30 *Trauma in Pregnancy, Birth and Postpartum & its impact on family mental health* by Heidi B. Koss, MA, LMHCA, Exec. Director of PSI of WA
- 12:30-1:30 Lunch (provided) & Panel of Parents (in the last 40 min)
- 1:30-3:00 *Infants in the NICU and Postpartum Mood Disorders: Their Impact on Family Attachments* by Leslie Butterfield, PhD, Chairperson of PSI of WA
- 3:00 - 3:15 Break
- 3:15 - 4:45 *Alternative Health Supports for Perinatal Mood Disorders* by Katherine Martin, ND, Midwife, Adjunct Faculty, Bastyr University
- 4:45-5:00 Closing Remarks & Evaluations

## Registration:

Stake Holder's Meeting (free, but *RSVP at [info@ccf.wa.gov](mailto:info@ccf.wa.gov)*)  
\$60.00 for training from 11-5 (\$50 for registered PSI of WA members)  
Free copy of new Beyond the Birth Booklet to all registrants!  
2 scholarships available. Please contact [info@ccf.wa.gov](mailto:info@ccf.wa.gov) to apply.

Register at:

<http://www.brownpapertickets.com/event/131618>

Questions? Contact Heidi Koss, PSI of WA Executive Director at [heidibethkoss@gmail.com](mailto:heidibethkoss@gmail.com)  
Or visit the PSI of WA website, [www.ppmdsupport.com](http://www.ppmdsupport.com)